



It's In The Little Things

Gayle Suzanne

Our lives can be inundated with trials and pain. Somewhere in between our struggles we might lose hope for living a fulfilling, enjoyable life. You may have suffered from bullying, addiction, rejection or other forms of hurt that has left you feeling badly about yourself. We might believe that a happy life is meant for others but not for us.

It's In The Little Things is a book about loving God, loving yourself and loving others. Through personal experiences, stories are shared that can transform your life. Some stories are lighthearted and others are more emotional and deep. Most have messages of how to appreciate seemingly insignificant events in life and how to take small steps to improve your circumstances. These little things can have a profound impact on your life. This book is designed to inspire, uplift and guide you toward a life you love.



Gayle Suzanne, CPC, ELI-MP is a Certified Professional Coach, a member of the International Coaching Federation, a speaker and workshop leader. She has a desire to help others press through past hurts and move forward to fulfilling lives. Her humorous and practical messages are packed with lessons and hope for others. Gayle is a wife, mom and step-mother who resides with her family in Massachusetts.



It's In The Little Things by Gayle Suzanne

“Do you have a voice deep down inside that you are not good enough? Do you believe a happy life is meant for others but not for you? Are you ready to shift energy and improve your life? Obstacles can bring us down but after we dust off and pick ourselves up, those obstacles can be valuable lessons in disguise. Through commitment and action, you can turn your life around for the better! With nearly 50 humorous or emotional stories from her personal experiences, Gayle Suzanne shares ideas and lessons that have had the most transforming impact on her life. Most stories have messages of how to appreciate seemingly insignificant events and how to take minor steps to improve your own circumstances.

Sometimes in our lives people may have said negative things to us that might have left a damaging scar on our hearts. We believe those things to be our truth. Unless we dig deep and remove those negative thoughts, we may carry them with us our whole lives, even though they are not true. It is up to us to discover our real truth-that we are all special and unique individuals and we are all worthy of love. Here is a partial list of topics discussed in this inspirational self-help book for those who have been abused, rejected, divorced, or bullied. Rejection and bullying - how to look at rejection in a different way. Discover your gifts and talents. Do yourself a favor and let it go. Eliminate limiting beliefs. Have some fun. Sure, fire way to make a good decision. Learn to receive the good stuff. Serve others. Just be. Ideas to show yourself love.

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About Gayle Suzanne: Gayle Suzanne is a certified Life Coach, Television Host of Moving Forward with Gayle Suzanne, and public speaker. She has a desire to encourage and uplift others so they can have a satisfying and fulfilling life. Gayle speaks on making small changes in life and how those little things can make a huge difference in the quality of life! She has been referred to as the hope coach for the damaged soul. She is described as relatable, funny, wise, and enthusiastic. She lives in a small town in Massachusetts.

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